A HOME THAT GIVES DIRECTIONS

Alzheimer's Awareness Month

For someone living with dementia, a home can become harder to navigate. Clear visual cues may help them recognize a room, find an item, or begin a familiar activity.



1 AT THE DOORWAY: Show the room's purpose.

Try a clear word and recognizable picture on the bathroom door. Place the cue where your loved one can see it. Choose wording and images that make sense to them.

2 At the activity: Show what comes next.

For dressing, try laying out a familiar outfit in the order it will be put on. Reduce competing choices. Offer help if the setup does not make the next step clear.

3 At the stopping point: Show where things belong.

Give glasses or the television remote a consistent, easy-to-see home. A labeled tray may help if your loved one recognizes the label and the object.

Try one cue. Watch the response.

- ☐ Does the person notice it?
- ☐ Does it help?
- ☐ If it adds confusion, simplify or remove it.
- ☐ Match cues to the person's abilities as those abilities change.

Visual cues do not replace supervision. Keep medications and hazardous items secured when needed.

Keep helpful cues as part of everyday care.

Home care reinforces familiar routines, keeps useful items in consistent places, and provides patient assistance when a cue is not enough or when added support is needed, such as...

- ✓ Bathing
- ✓ Dressing
- ✓ Toileting / incontinence care
- ✓ Preparing meals
- ✓ Companionship
- ✓ Wandering

Call to discuss dementia care support built around your loved one's routines.

Assisting Hands® Home Care

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